



Welcome to the Training Club!

Your journey starts here!

PHASE 1

Habit building

PHASE 2

Training is fun

PHASE 2

Training takes grit

Congratulations!

Onward and upward!

PHASE 4

The journey is the destination

0-3 months

3-6 months

9-12 months

6-9 months

NORDIC
SKI LAB[®]

